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# NUTRITION

WAR FOOD ADMINISTRATION

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## News Letter

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### THE NEW YEAR

We welcome 1945, with its prospect for the end of the war in Europe and all that this will mean to the families of our own country and those of the allied countries. Some of the peacetime adjustments to which we look forward so eagerly will have to be made more slowly, perhaps, than we wish. The heavy demand on the domestic food supply, for example, will not abate materially in 1945 even if the war in Europe ends within the first 6 months. There will be downward adjustments as soon as military demands for food decrease. But there will still be large military needs, and those along with civilian demand in this country and the requirements for foreign rehabilitation will take "virtually all the food available in 1945," according to a statement made by J. P. Cavin, Bureau of Agricultural Economics, at the 22d Annual Agricultural Outlook Conference in Washington in November.

Apropos of the 1945 food situation, the National Victory Garden Conference called by the War Food Administration in November in Washington, stated its objective as follows: "To bring about a better understanding of our food needs for next year and the part Victory gardens should play in producing health-protecting foods on the home front."

Educational, scientific, trade, and garden leaders, and representatives of press and radio joined in this working conference. It was pointed out that "studies made by nutrition committees and those conducting opinion surveys show only too well that without their own gardens, many people would today be living on inadequate diets. Even when the war is over, millions of families should be encouraged to continue gardening...."

January is not too early to lay plans for renewed emphasis on all the satisfactions that Victory gardens large and small, rural and urban, bring to the families who plant them.

### MORE ABOUT ENRICHMENT

Of interest to nutrition committees is the fact that the American Public Health Association passed a resolution on October 4, 1944, putting the association "on record as favoring appropriate State and Federal action to perpetuate the benefits that have accrued to the national dietary through enrichment of staple foods in accordance with the recommendations of the National Research Council."

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Because of developing interest in State legislation relating to the enrichment of flour and bread, this matter has been brought to the attention of the Council of State governments. In a meeting on November 11, 1944, the Council's Drafting Committee of State Officials considered the proposal for State legislation to require enrichment of white flour and bread on a uniform basis, and approved the objectives of the proposal.

The program for enrichment of flour and bread has made substantial progress under voluntary action. In addition, enrichment of white bread is mandatory at present under War Food Order No. 1. Uniform State legislation would insure greater permanency and wider application, with resulting nutritional benefits to the public. Six States have already passed laws requiring enrichment of white bread and flour.

### NUTRITION ITEM

Commenting on the prospects for production and probable civilian food supply in 1945 as presented at the 22d Annual Agricultural Outlook Conference, Dr. Hazel K. Stiebling, Chief, Bureau of Human Nutrition and Home Economics, said in part:

"Translating estimates of food supplies that will be available to civilians in 1945 into nutritional language, we must conclude that so far as per capita averages are concerned, we shall

be about as well off in 1945 as in 1944, and much better off than during the last half of the 1930's. Whether the food will be better or less well distributed, however, depends on income, distribution, price relations, rationing, special measures such as enrichment, school lunches, etc. It isn't enough to have produced enough food. Food must be gotten where it is needed. . . . During the war we have done an unusual job in mobilizing public opinion, and in using science, technology, and economic and social inventions to help make sure that our Army and the civilian population are well fed. We can do no less in the peace ahead."

At a later meeting of the same Conference, Faith Clark, Bureau of Human Nutrition and Home Economics, called attention to a general upward trend which has brought nutrition levels in the war years higher for most nutrients than pre-war levels. Regarding 1945, she said that supplies of calcium and riboflavin are expected to be about the same as 1944. Calories, protein, iron, vitamin B<sub>1</sub>, niacin, and vitamins A and C may be from 1 to 5 percent lower than 1944 so far as can be predicted at this time.

In terms of national per capita averages the quality of the food supply compares favorably with the Recommended Dietary Allowances of the National Research Council. This should not lull us into a feeling of complacency, however, as national averages should be considerably higher for most nutrients if we are to attain good nutrition for all in this country. We need to use more of the protective foods—milk, eggs, fruits, and vegetables.

Miss Clark concluded with suggestions for accomplishing important shifts in food consumption: Continued educational work with the objective of getting people to want to eat a good diet as well as to know its content; schemes to secure distribution of food to low-income and vulnerable groups (such as school children); and continuation of desirable schemes for improvement of food quality such as the bread- and flour-enrichment program.

#### NOTES FROM THE FIELD

NEW MEXICO—The State Nutrition Committee has had 8,000 copies of the Spanish leaflet, "Comida Saludable, Buena Salud,

Gente Fuerte" reprinted with the permission of the Arizona Agricultural Extension Service. This cleverly illustrated leaflet is in demand because there is very little popular nutrition material in Spanish. The New Mexico Nutrition Committee suggests that those local committees that do not have funds to purchase the leaflets might ask the school superintendents or local civic organizations to help buy them.

CONNECTICUT—In September the chairman of the Nutrition in Industry Committee, a subcommittee of the State Nutrition Committee, called a meeting of industrial food service managers and nutritionists who work in communities throughout the State. The 14 food managers and 22 nutritionists who attended, held an informal discussion on menu planning, how to help the worker choose the right food, increasing consumption of fruit juice and milk, serving problems, and how the community nutritionist can cooperate with food managers within industry. Because of the interest shown at the initial meeting, future meetings are being planned when more food managers can be reached.

LOUISIANA—At the 2-day annual meeting of the Louisiana State Nutrition Committee two sessions were open to the public. High light of one open session was the symposium on the nutritional resources of the State, which included a discussion of deficiency diseases by an official of the State Department of Health, of medical nutrition research by staff members of Louisiana State University and Tulane Medical College, and of nutritional research by representatives of the Louisiana State University's Department of Agricultural Chemistry and Biochemistry. Reports of parish committees were also given in an open session and the State chairman spoke on "Looking Ahead with the Nutrition Committees."

TENNESSEE—At an interesting quarterly meeting of the Tennessee State Nutrition Committee, the secretary of the Williamson County Nutrition Committee gave an account of their September program. In planning the program they tried to get each agency to select one phase for emphasis. The Health Department nurses chose to emphasize breakfasts. They used the findings of surveys made in local schools by the State Health Department and Vanderbilt University as

a basis for this program. Since the studies showed that milk, green and yellow vegetables, and fruits were most often lacking in the diets, the nurses were able to tell parents and children where their diets needed improvement.

WEST VIRGINIA—The Greenbrier County Nutrition Committee took advantage of an opportunity to reach a large cross-section of the adult population, including a large proportion of men, when it exhibited a good, home-packed lunch for school child or adult at every voting place on election day.

COLORADO—Forms for evaluating food habits have been brought to the attention of all Colorado State and county nutrition committee members. Use of the evaluation forms was suggested during visits to county school superintendents. The State Department of Education endorses the idea of having eighth-grade pupils fill in a questionnaire on the kinds and amounts of food they ate the previous day, and another on the food raised in gardens and preserved by the family. It serves as an excellent means of introducing the teaching of good food habits in the schools. Of the 13 counties personally contacted, most of the personnel reacted favorably when the value of the study, along with suggested follow-ups, were explained to them. County committees are urged to conduct the studies and summarize results on the suggested forms. The study should reveal food habits in the county; the committee can then determine what activities would best correct dietary defects.

FLORIDA—In the St. Petersburg area of Pinellas County, Nutrition Month was used to build up interest in the coming fall program. Among other educational activities, the National Wartime Food Guide was given out in the pay envelopes of employees of the post office, city hall, and the local utility company. Whenever possible these guides were also carried to housewives by utility employees who were making a post-war survey. The county home economics consultant started several interesting projects in the junior and senior high schools, including the IEB (I Eat Breakfast) Club. Among other projects, the nutrition committee has prepared food budgets for families with limited incomes

at the request of the State Welfare Board and given weekly demonstrations at prenatal clinics at the request of the County Health Department.

MARYLAND—The State Nutrition Committee reports that for the past 2 summers a Baltimore librarian has traveled the streets of a neglected section of the city in a horse-drawn wagon with books on a variety of subjects for all ages. She found that there were never enough cook books, attractive canning pamphlets, or health manuals to meet the demand which spread from neighbor to neighbor. The results show that both white and colored women with low incomes and meager educational background are eager for information on family health and food problems, and for books on other subjects including personality, fiction, and poetry. They also bear out the extreme need for easy-to-read material of all kinds.

ILLINOIS—In connection with the inauguration of a nutrition education program in many county schools, the teachers were responsible for making a survey of the eating habits of the children. In one county it was found that out of a total of 478 children, 9 percent were eating a recommended breakfast and only 5 percent were eating a recommended lunch.

In Jefferson County a 1-day working meeting was held with representatives of 10 schools cooperating in the School Lunch Program. Problems in planning, preparation, and serving were discussed.

CHICAGO—In response to numerous requests, the Subcommittee on Nutrition Education through schools will periodically review and evaluate nutrition materials for teachers. The committee plans to list three or four materials at a time, to be included in various school bulletins which are sent to all public and parochial schools in Chicago and Cook County.

HAWAII—The Territorial Nutrition Committee has been working on a special drive on the use and preservation of Hawaiian-grown fruits, under the slogan "Hawaii's Fruits Are Tops." An exhibit featuring this slogan, prepared for September and set up in seven places,

was scheduled through to December. Because of its popularity, another exhibit "Cook to Save Vitamins," was prepared for November. The Home Economics Department of the Department of Public Instruction is sending mimeographed outline drawings of this exhibit to all home economics and cafeteria teachers to aid them in producing like exhibits. In connection with the featuring of Hawaiian fruits, the committee has been stamping the names of locally grown fruits on all educational material sent from the mainland.

IOWA—The State Nutrition Council announces that 23,000 copies of the revised "Iowa Plan for Nutrition Education in the Elementary Schools" is off the press. Copies of the first edition went on request to every State and to seven foreign countries.

CALIFORNIA—The Kern County Nutrition Committee gave a nutrition program for the Boy Scouts who collect scrap paper for the Defense Council. A nutritious meal was served to the boys at the fair grounds when their truckloads of scrap were delivered. The room was decorated in blue and gold (Boy Scout colors); Walt Disney and other posters were displayed. The Basic 7 poster was featured with streamers leading out to an attractive exhibit of the Basic 7 foods which were included in the menu. The gratifying response of the boys, the Scout executive, and the truck drivers suggests the possibility of repeating the program, but with the serving of a different meal.

An exhibit showing good and poor breakfasts, lunches, and dinners was set up at the Washington School in San Francisco where the Army is training civilian workers. Literature was placed near the exhibit so the people could take what they wanted.

OHIO—A detailed 20-page mimeographed summary of the 10 district institutes sponsored by the Ohio Nutrition Committee in September has been prepared. The

summary enables county committee members to profit by the round-table discussions on activities, community planning for better nutrition, and other topics covered at all institutes. The purpose of these institutes was to provide inspiration and an exchange of ideas for nutrition committees so that all might be better prepared to undertake the coming year's program. An attendance of 662 persons at the 10 institutes represented all but 4 of the 88 Ohio counties.

NEW MATERIALS (Samples Not Enclosed)  
"Enrichment of Flour and Bread—A History of the Movement"—Bulletin No. 110, National Research Council, November 1944. A comprehensive coverage of the flour- and bread-enrichment program from its inception to the time of publication. Chapter by chapter this 130-page bulletin recounts the origin of the program and by whom it was advocated, successive steps in fixing present standards, legislation that six States have passed, and many other details. The status of fortification of other foods is discussed briefly. Single copies, from the limited printing, available free, through the Nutrition Programs Branch, Office of Distribution, War Food Administration, Washington 25, D. C., or the National Research Council, 2101 Constitution Avenue, Washington 25, D. C.

Sincerely yours,

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